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CALGARY

**metro**®

Tuesday, January 31, 2012  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.

# Ecstasy dealers could face harsher penalties: Police

► Deaths linked to toxic compound rise to 7 ► 2 cases still being investigated ► Police could seek charges against suppliers if caught

As the body count linked to a toxic ecstasy compound making its way through Calgary's illegal drug trade rose Monday, police indicated suppliers of the substance could face stiffer punishment.

Testing has now revealed 23-year-old SAIT student Cody Gorkick died as a result of PMMA, a cheaper and more deadly compound being used in place of the more common MDMA.

That brings the total PMMA-related deaths in Calgary to seven dating back as far as last summer.

Five deaths in Vancouver also occurred after the substance was ingested and two other southern Alberta drug overdoses continue to be investigated for possible links.

Police staff Sgt. Mike Bossley qualified the rash of drug-related deaths recently as an "anomaly," one that could lead investigators to pursue one-of-a-kind charges

## Treating patients

► Alberta Health Services reports treating more than 100 patients in recent months for symptoms linked to PMMA. The compound is considered five times more toxic than common ecstasy compounds and even those who survive after taking it run the risk of permanent kidney and brain damage.

► Calgary defence lawyer Balfour Der said the longest sentence a drug-dealing client of his has received was seven years in jail, but he believes Crown prosecutors would seek a double-digit term if they were able to gain a manslaughter or criminal negligence conviction.

against PMMA dealers if and when they are caught.

"There are a number of things we could look at, including crim-

inal negligence causing death," he said. "It would essentially mean longer jail time."

Calgary defence lawyer Balfour Der said it's "theoretically possible" to lay stiffer charges against drug dealers, namely manslaughter, but establishing a link between a supplier's stash and a specific user could prove difficult.

"It has been done in similar circumstances where a parent has been charged after they allowed a child to be in a dangerous situation ... it would be similar to allowing a 12-year-old to have access to a loaded handgun," he said.

Bossley said in 22 years with the police force he is not aware of such charges being pursued against drug traffickers, however, he believes drastic times call for drastic measures.

"We haven't seen this kind of thing before," he said.

● JEREMY NOLAIS

## Heat. Wave



► Jeremy Koehler and his dog George take in the warm weather yesterday at the Southland Dog Park.

CANDICE WARD/FOR METRO

## Expect balmy weather all week

Temperatures reached 10 C yesterday and are expected to stay above freezing during the day all week in Calgary.

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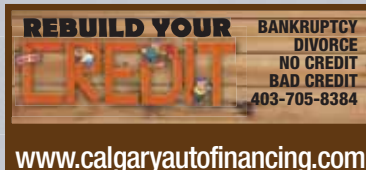
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## Nenshi calls in shrink to counsel fractious council

Calgary Mayor Naheed Nenshi raised the eyebrows of a few aldermen on Monday when he invited a psychologist into a closed-door meeting aimed at improving city council relations.

The mayor reportedly informed council of his plans in an email over the weekend. However, six members voted against the private meeting.

Of those taking issue with Nenshi's plan were Ald. Gord Lowe, who has butted heads with His Worship on budget and city priorities in the past, and Andrew Chabot, who recently queried annual council wage increases.

Speaking to reporters about critics of the meeting, Nenshi said it is their prerogative to continue working in a group that he deemed "dysfunctional."

● METRO

## Suspect in Nabb beating appears in court

After confessing that he beat Calgary resident Sheila Nabb at a Mexican resort, a Mazatlan native was denied bail Monday. Jose Ramon Acosta Quintero will remain behind bars for up to a year while awaiting trial, Mexican media report. Nabb, 37, returned to Calgary on Friday to undergo reconstructive surgery. ● METRO



► Dr. Andre Corriveau, Alberta's chief medical officer of health, speaks to the media on Monday at the Alberta Legislature in Edmonton. One positive result of the province's \$14-million, five-year ad campaign targeting STIs has been increased testing, he said.

# Alberta STIs lowest in seven years: Report

► But gonorrhea cases were up despite an overall infection decline



SHELLEY WILLIAMSON  
@METRONWS.CA  
METRO CANADA IN EDMONTON

Sexually transmitted infections have declined for the first time in Alberta since 2004, Alberta Health and Wellness says, giving credit to an "edgy" online ad campaign.

The findings are part of an annual report that revealed 16,298 new cases in 2010, versus 17,217 the year before.

HIV and AIDS numbers were also the lowest in 20

years, with 30 new cases in 2010.

"In 2010, the rate of HIV was the second-lowest rate since 2000," said Dr. Andre Corriveau, Alberta's chief medical officer.

New rates of STIs were 430 per 100,000 in 2010, versus 469 in 2009, said Fred Horne, minister of health and wellness, adding that he'd prefer "zero."

The highest rates of infection were among gay and aboriginal men.

In May, Alberta launched a \$14-million, five-year

campaign that includes Internet and TV ads.

One positive result has been increased testing, but work remains in some areas, Corriveau said.

"We know that STIs, HIV and AIDS remain a serious public health concern in our province. Babies born to mothers with syphilis, what we call congenital syphilis, continues to be a concern," he said, noting there have been 27 cases in babies since 2005.

Chlamydia and gonorrhea cases have doubled since 2000.

### By the numbers

- Gonorrhea rates for Albertans in 2010 were 32 out of every 100,000, down from 43.8 the year before and below the national average of 33.9.
- Chlamydia affected 353 per 100,000 in 2010, which far surpassed the national average of 279.4, but was down from 379.3 in 2009.
- Edmonton saw 480 cases of STIs per 100,000 in 2010, far exceeding Calgary's rate of 386.

# 1

  
news


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## News in brief

**Police probe domestic stabbing**

**ARREST.** Calgary police took a woman into custody early Monday after her male partner was stabbed inside their S.W. Calgary home. The incident took place around 3:30 a.m. in the 3800 block of 47th Street S.W. The man was reportedly rushed to hospital in life-threatening condition while the wife was treated for minor injuries on scene. Charges have not been laid. **METRO**

**N.S. man dead after hotel fight**

**STABBING.** A hotel fight in Jasper has left a Nova Scotia man dead. RCMP say officers

responding to a disturbance call on the weekend found Kenzie John Beaton, 22, with what appeared to be stab wounds. Beaton was airlifted to an Edmonton hospital where he died. Cody Kyle Jensen, 21, of Edmonton has been charged with second-degree murder.

THE CANADIAN PRESS

**Province finds \$1M to battle gang violence**

**GRANT.** The Alberta government is redirecting \$1 million to helping communities battle gang violence. Premier Alison Redford says the one-time grants are aimed at programs in schools and community centres that can keep kids from joining gangs. The province says young people in rural areas and aboriginal communities are most at risk.

THE CANADIAN PRESS

# Big 4-0 for prostate health

► Mayor Nenshi celebrates 40th birthday on Thursday  
► 40 other city workers had PSA baseline blood tests



**CANDICE WARD**  
CALGARY@METRONEWS.CA

This milestone birthday for Mayor Naheed Nenshi is going to leave a mark.

This week, Nenshi will be celebrating his 40th birthday and to mark the occasion, he rolled up his sleeve for prostate health.

"I am reaching out to all forty-something guys to roll up your sleeve, get the PSA (Prostate Specific Antigen) test and establish your baseline," said Nenshi.

"Early detection is crucial."

Nenshi boarded the Prostate Cancer Centre's "Man Van" Monday morning to have his levels checked.

The Man Van offers

► Mayor Naheed Nenshi ushers in his 40th birthday by getting his free PSA baseline blood test done by Brenda Dushinski, RN, in the Man Van Monday.



men over 40, around the city, a chance to have their PSA levels checked for free. It works towards

bringing awareness of the importance of early detection of prostate cancer. "It is a great birthday

**Prostate Prep**

► Prostate Cancer Centre recommends men should have a baseline PSA test at age 40.

► Test should be done every five years until age 50.

► After 50, tests should be done annually.

► Normal test results are delivered within a week by mail.

present to yourself to give yourself the gift of good health," said Linda MacNaughton, manager of Community Initiatives at the Prostate Cancer Centre.

To find out where the Man Van will be next, visit [prostatecancercentre.ca/man-van-tracker](http://prostatecancercentre.ca/man-van-tracker).



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## CANADA BORDER SERVICES

**Immigrants who applied twice charged**

Two people have been charged after an 18-month investigation into alleged immigration fraud.

Tahir Chaudhry and Tahira Aslam face three counts under the Immigration and Refugee Protection Act.

The Canada Border Services Agency says the

two have been detained without bail and are to make their first court appearance in Calgary on Feb. 6.

The agency alleges the accused entered Canada in November 2008 as visitors and successfully applied three months later to remain in Canada. But the agency says they did so using alternate identities.

The two, if convicted, face a maximum of between five and 14 years in prison on the various charges. **THE CANADIAN PRESS**

**New safety standards introduced**

Alberta is bringing in new safety standards after a disabled man in government care died from scalding injuries he suffered while being bathed.

The 35-year-old man died in hospital of injuries to the lower half of his

body in November after being scalded in Calgary in October.

Seniors Minister George VanderBurg says he has ordered temperature regulators to be installed at facilities that deal with people with developmental disabilities. Staff will also have to follow improved safety procedures when bathing disabled people.

**THE CANADIAN PRESS**

# New Crime Stoppers campaign takes transit

► Rewards offered for tips leading to arrest, recovery of stolen property and seizure of drugs ► Tips to Crime Stoppers remain anonymous



**CANDICE WARD**  
CALGARY@METRONEWS.CA

Crime Stoppers is hoping to close the door on crime with their latest campaign.

Calgary Crime Stoppers, Calgary Transit and ConocoPhillips have teamed up to unveil an LRT that displays three ways to contact Crime Stoppers and the word "Anonymous", translated in 25 languages.

"There are over a quarter million trips on Calgary Transit per day," said Brian Whitelaw, Calgary Transit Security. "Our partnership with Crime Stoppers is an excellent way to ensure that citizens are safe, which in turn makes our city



► Roger Monette, left, Brian Whitelaw and Joe Marushack unveil the new Crime Stoppers LRT yesterday.

safe."

The goal is to ensure citizen safety while onboard Calgary Transit or near LRT stations.

"The newest unveiling is a welcomed addition in pro-

moting Crime Stoppers as the means for submitting anonymous tips, which assist police investigations and solve crimes in our communities," said Roger Monette, president of Cal-

gary Crime Stoppers.

Crime Stoppers has always encouraged anonymous tips and the LRT displays the talk, type and text methods to contact them.

**Stopping crime**

- Calgary Crime Stoppers is in its 30th year.
- Calgary Crime Stoppers has helped recover more than \$14 million in stolen property.
- They have helped in the seizure of more than \$250 million in illegal drugs.
- They have cleared more than 11,000 cases with over 5,500 arrests.



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## January

# 31

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# Girl-style bullying vs. boy-style bullying



► Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

► The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

**STEPHANIE ORFORD**  
CALGARY@METRONWS.CA  
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at

## Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet



## Dating bullying

- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)



Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They

are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring,"

Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

Singh said when peers intervene, bullying often stops immediately.



What's more hurtful — social alienation or physical bullying? Tweet us @metrocalgary

## TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



**Lucy Van Pelt**  
The Doctor is in since 1952

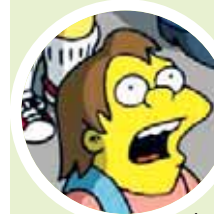
The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

**Sue Sylvester**  
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchmen exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.



**Nelson Muntz**  
Haw-hawing since 1990



Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

**Simon Cowell**  
Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.



**MIKE DOJC**  
FOR METRO CANADA

## Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.



## TRAGEDY

RCMP  
probe  
deaths

Five people, including two school-age children, were found dead at a home in a Whitehorse suburb Sunday, but the RCMP said they do not

suspect foul play.

The bodies of the children, their parents and a male boarder were discovered by a family friend who had gone to check on the house in Porter Creek.

Sgt. Dan Rogers said the deaths are not suspicious, but he would not say whether air quality, such as carbon monoxide poisoning, was to blame.

THE CANADIAN PRESS

Climate change  
drying up forests

Research shows northern forests in the three Prairie provinces are drying up from drought caused by climate change, while the eastern boreal forest is holding its own. A paper published Monday suggests the forests of Alberta, Saskatchewan and Manitoba are emitting more greenhouse gases than they absorb. THE CANADIAN PRESS

## Global warming

► The findings are bad news for those counting on forests to suck more carbon out of the atmosphere than they emit as trees die. Data suggests eastern forests emit about as much carbon dioxide as they absorb, but that's no longer the case in the West.

Harper takes off his  
blue sweater vest

► Conservatives take tough stance as MPs head back to House of Commons

SEAN KILPATRICK/THE CANADIAN PRESS

A winter parliamentary session that many have predicted will be a donnybrook began Monday with the gloves still on, and the only jersey askew being a powder-blue sweater vest.

"Very, very clearly, this government has taken off the sweater vests," said Peter Julian, the NDP finance critic. "They've taken off any pretence of moderation and a responsible approach to public policy."

The Conservative government, which spent last fall clearing a number of long-standing legislative promises, wades into 2012 giving clear signals of a more far-reaching agenda.

With deep spending cuts, pension reform, a new copyright act,



► People make their way toward the Centre Block of Parliament Hill as business resumes following the winter break in Ottawa on Monday.

changes to environmental assessment reviews, an end to the long-gun registry and tough criminal justice reforms all on deck, the opposition will have plenty to chirp about.

All signals point to Finance Minister Jim Flaherty rolling out the kind of tough budget that Liberal Paul Martin unveiled in 1995 in Jean Chrétien's first majority government.

The Conservatives may be betting that short memories and an improving economy will be enough to win over voters angered by this year's tough medicine.

THE CANADIAN PRESS

Adam Beach stars in the new hit series critics call:

**"Seat-of-the-pants romantic adventure."**

— Postmedia News

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► Mohammad Shafia reacts as he leaves the courthouse in Kingston, Ont., Sunday after being found guilty of first degree murder.

## Shafia family imam condemns killings

► Fears trial may lead people to believe so-called honour killings are common in Muslim community

A Shafia family imam is denouncing what he calls “unforgivable” crimes that no religion, including Islam, could ever excuse.

The Muslim leader, Ali Falihi Altaie, says people in his congregation are shocked that parents could kill their own children.

“Only people who have lost their brain do that ... It’s unbelievable,” Altaie said Monday.

Altaie’s remarks came one day after father Mohammad Shafia, mother Tooba Mohammad Yahya and brother Hamed Mo-

**“It’s unforgivable, actually, and unacceptable by any religion.”**

ALI FALIH ALTAIE,  
SHAFIA FAMILY IMAM

hammad Shafia were each convicted of first-degree murder in the killings of four family members.

The imam officiated 19-year-old Zainab Shafia’s brief marriage in May 2009 to her boyfriend Ammar Wahid. The union was never registered, however, because of a dis-

agreement between the families, he said.

Just a few weeks later, Altaie was presiding over a family funeral. Zainab, along with her younger sisters Sahar, 17, and Geeti, 13, and their father’s first wife, Rona Amir Mohammad, 50, were found submerged on the Rideau Canal on June 30, 2009.

The murders have been described as so-called honour killings, a tag that concerns Altaie, who said it is “not in the dictionary of the religion.”

THE CANADIAN PRESS

### YOUTH PROTECTION

## Lost in translation

When the Shafia girls went looking for help from youth-protection officials three years ago, their case was hampered by a uniquely Canadian bureaucratic snafu.

Their different complaints were handled by separate English- and French-language agencies that failed to share case information.

Youth protection is divided by language in

Montreal, with one agency handling English complaints and the other handling ones in French and other languages.

Until the two agencies introduced a joint registry, there was no way for them to share information. That new information-sharing system came into effect in May 2009 — one month after the Shafia girls lodged their final complaint.

Officials say the new system would have raised additional alarm bells for investigators.

THE CANADIAN PRESS

## Killers keep their fortune

Hamed Shafia, his father Mohammad Shafia and his mother Tooba Yahya were convicted Sunday of first-degree murder for the killings of four family members, but they will retain control over their fortune. While in prison, the Shafia family will have special inmate bank accounts, with strict limits on how they can spend the money. THE CANADIAN PRESS



# Ice melt brings killer whales north: Report

Once rare, sightings have been rising in recent years

Researchers say melting Arctic sea ice is enticing more killer whales to Nunavut waters where they are competing with Inuit hunters for food and threatening to replace polar bears as the North's top predators.

Scientists from the University of Manitoba interviewed hunters from 11 of the territory's communities about their observations on the habits of killer whales seen in the area. The findings are published in the online journal *Aquatic Biosystems*.

Lead author Steven Ferguson, who is with the Department of Fisheries and Oceans Freshwater Institute at the university, said the Inuit are seeing more killer whales. The powerful predators tend to avoid sea ice but that



► Mother and calf killer whales swim near the B.C. coast

ice is disappearing.

Once in the Arctic, he said, killer whales have been seen to use a variety of hunting tactics to feast on belugas, seals and narwhals.

Sea ice often provides the only cover such mammals have to escape one of the orcas.

"If we lose that sea ice,

they are now going to be out in the open water and don't have the kind of strategies to reduce the risk of a killer whale catching them and eating them," Ferguson said.

"We just might see a lot of mortality in some of the more southerly areas."

THE CANADIAN PRESS

## Sportscar signed by Bieber nets \$40,000 for charity

Someone is paying \$40,000 to drive away with Justin Bieber's autograph.

The last minute-bid Monday afternoon was enough to win the eBay auction for a car signed by the Canadian pop sensation.

Bieber had autographed the red 2012 Hyundai Genesis Coupe 2.0 Turbo over the Christmas holidays.

The money raised by the auction is to be used to fix up the skateboard park in Stratford, Ont., Bieber's hometown.

Bidding for the car had stalled at just over \$30,000, which was less than the reserve amount — the minimum the seller would accept. But the winning bid came through in the final minutes of the auction.

The identity of the winning bidder was not immediately known.

THE CANADIAN PRESS

## Colombia. Blooms



► A woman cuts roses to be shipped to the U.S. ahead of Valentine's Day, the biggest holiday of the year for fresh-cut flower sales at the Mongibello flower company in Chia, Colombia, on Monday.

FERNANDO VERGARA/THE ASSOCIATED PRESS

## Southern flower power

According to statistics from the Society of American Florists, more than 80 per cent of the roses bought in the U.S. for Valentine's Day come mainly from Colombia and Ecuador.



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China 1 <sup>9</sup> ¢/min	Lebanon 7 <sup>9</sup> ¢/min	Sri Lanka 9 <sup>9</sup> ¢/min
Colombia 3 <sup>9</sup> ¢/min	Mexico 1 <sup>9</sup> ¢/min	Trinidad 4 <sup>9</sup> ¢/min
Cuba 89 <sup>9</sup> ¢/min	Pakistan 5 <sup>9</sup> ¢/min	U.A.E 14 <sup>9</sup> ¢/min
El Salvador 9 <sup>9</sup> ¢/min	Philippines 11 <sup>9</sup> ¢/min	Ukraine 7 <sup>9</sup> ¢/min
Germany 1 <sup>9</sup> ¢/min	Poland 1 <sup>9</sup> ¢/min	U.K. 2 <sup>9</sup> ¢/min

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# Afghan woman killed for bearing a girl: Police

► Cops say husband strangled his wife ► Women's rights in Afghanistan a concern as NATO withdraws

An Afghan woman has been strangled to death, apparently by her husband, who was upset that she gave birth to a second daughter rather than a son, police said Monday.

It was the latest in a series of grisly examples of subjugation of women that have made Afghan headlines in the past few months — including a 15-year-old tortured and forced into prostitution by in-laws and a female rape victim who was imprisoned for adultery.

In the 10 years since the ousting of the Taliban, great strides have been made for women in Afghanistan, with many attending school, working in offices and even marching in protests. But abuse and re-

## Gender bias

- Boys are traditionally prized much more highly than girls in Afghanistan.
- A son means a breadwinner and a daughter is seen as a drain on the family until she is married off.
- Even so, a murder over the gender of a baby would be rare and shocking if proved true.

pression are still common.

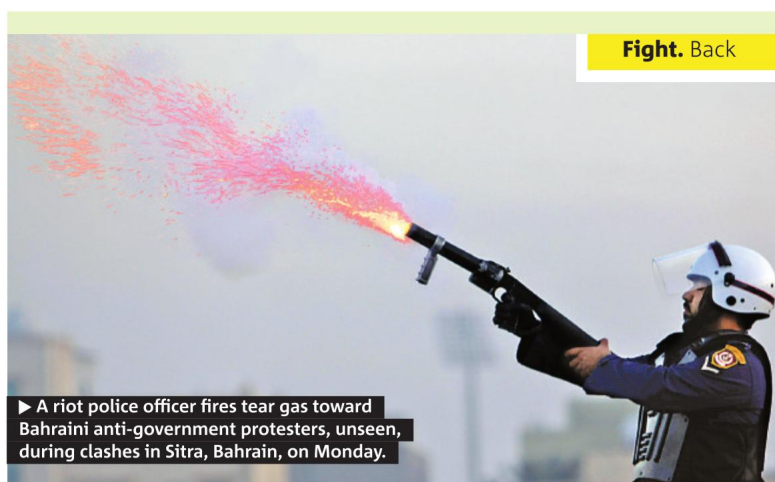
The man in the latest case, Sher Mohammad, fled the Khanabad district in Kunduz province last week, about the time a neighbour found his 22-year-old wife dead in their house, said district police Chief Sufi Habibullah. Medical examiners said she had been

strangled, Habibullah said.

The woman, named Estorai, had warned family members that her husband had repeatedly reproached her and threatened to kill her for giving birth to a daughter, said provincial women's affairs chief Nadira Ghya. Estorai gave birth to her second daughter between two and three months ago, Ghya said.

Police took the man's mother into custody because she appears to have collaborated in a plot to kill her daughter-in-law, Habibullah said. Ghya, who visited the mother in prison, said that she swears that Estorai committed suicide by hanging. Police said they found no evidence of hanging from the woman's wounds. **THE ASSOCIATED PRESS**

Fight. Back



► A riot police officer fires tear gas toward Bahraini anti-government protesters, unseen, during clashes in Sitra, Bahrain, on Monday.

HASAN JAMALI/THE ASSOCIATED PRESS

## Youth death sparks riot police clash

Clashes erupted after a mourning procession marking three days since the death of a youth in police custody.

## UBC stands by animal testing

The University of British Columbia defended its use of animal testing Monday, claiming a majority of more

than 200,000 animals were used in basic science projects that cause less than minor or short-term stress. The information is part of a public report to the Canadian Council on Animal Care

to make UBC more "open and accountable." The university reinforced that animal research is strictly controlled and all projects go through strict ethics reviews. **● KENDRA WONG**

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# Tech firms battle phishing

► Many of the biggest companies already using new DMARC system

Google, Facebook and other big tech companies are jointly designing a system for combating email scams known as phishing.

Such scams try to trick people into giving away passwords and other personal information by sending emails that look as if they come from a legitimate bank, retailer or other business.

To combat that, 15 major technology and financial companies have formed an organization to design a system for authenticating emails from legitimate senders and weeding out fakes. The new system is called DMARC — short for Domain-based Message Authentication, Reporting and Conformance.

DMARC builds upon existing techniques used to

## 15%

According to Google, about 15 per cent of non-spam messages in Gmail come from domains that are protected by DMARC.

combat spam. Those techniques are designed to verify that an email actually came from the sender in question. The problem is there are multiple approaches for doing that and no standard way of dealing with emails believed to be fake.

The new system asks email senders to share information about the email messages they send and receive.

THE ASSOCIATED PRESS

## Washington. Protest



► Occupy D.C. demonstrators Ariana Kobel and Javier Ocasio kiss as they pack their belongings at the Freedom Plaza camp in Washington on Monday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

## Occupy D.C. faces farewell

U.S. Park police plan to begin enforcing a no-camping rule at two Washington sites where Occupy protesters have been demonstrating for months over economic inequality and other issues.

# Canada will avoid housing crash: BMO

Canada will likely avoid a crash or serious correction in its "somewhat pricey" housing market, with the possible exception of Vancouver, says a new paper from the Bank of Montreal.

The analysis by BMO economists suggests alarms about Canada's housing market by international observers, from the International Monetary Fund to The Economist magazine, are exaggerated or simplistic.




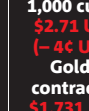
"The main takeaway is

that the national housing market appears somewhat pricey, but is far removed from a bubble," said economists Sherry Cooper and Sal Guatieri in the report released Monday.

Even Toronto's hot condo market — one of the subjects of many of the warnings — is more likely to cool rather than collapse, BMO said, noting that a sharp decline in construction for rental units is stimulating demand for condos.

THE CANADIAN PRESS

## Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			
- 30.0 (12,436.4)	- 0.21¢ (99.72¢ US)	- 78¢ US (98.78¢ US)	\$2.71 US (- 4¢ US) Gold contracts \$1,731 US (- \$1.20 US)

PRICES AS OF 3 P.M. MONDAY

# Monti looks to cut Italian lawmakers' salaries

Prime Minister Mario Monti is asking Italian lawmakers to take a salary cut as part of a broader effort to trim the privileges of the country's political elite.

The government said in a statement Monday that Monti sent a decree to the Chamber of Deputies and the Senate that would cap salaries for members of both houses of the Italian parliament — who are among the best-paid in Europe.

The move is part of an austerity package, nicknamed "Save Italy," passed in December in a bid to



► Mario Monti

trim the costs of bureaucracy.

The deputy speaker of the lower house, Rocco Buttiglione, said the request would be approved.

THE ASSOCIATED PRESS

# Expansion in the works for Ottawa burger chain

An Ottawa-based hamburger chain is looking to open 50 new restaurants across Canada over the next five years.

The Works Gourmet Burger Bistro currently has 11 locations across Ontario including seven restaurants in the Ottawa area.

Chief executive Andy O'Brien says the company hopes to expand with a mix of franchise and corporate-owned locations across Canada.

O'Brien and his partners acquired The Works Gourmet Burger Bistro

chain in 2010 when the company had just six locations, all in the Ottawa area.

Bank of Canada governor Mark Carney recently touted the Ottawa location as a favourite dining spot.

Over the past year, The Works has expanded in Ottawa and opened new restaurants in the Ontario cities of London, Kingston, Guelph and Oakville.

The company also has three additional sites currently under construction in Toronto, Waterloo and Peterborough.

THE CANADIAN PRESS

# Target Canada seeking independent pharmacists

Target Canada will look for independent pharmacists to own and operate pharmacies in its stores under a franchise model when it opens its doors next year, the U.S. discount retailer said.

"We have worked hard to understand the Canadian health-care landscape and believe our unique pharmacy franchise model will greatly appeal to pharmacists while best serving the needs of patients in Canada," president Tony Fisher said in statement Monday.

He said the model provides pharmacists with an opportunity to grow a business "with no entry fees and the support of a national retailer."

The Minnesota-based retailer will increase competition with Canadian pharmacy chains such as Jean Coutu and Shoppers Drug Mart, which are also trying to lure independent pharmacists.

Target, which is trying to make its first move outside the U.S., said its franchise model was designed for the Canadian market and differs from its approach in

the United States, where it has a long history of operating pharmacies.

Jean Coutu and Shoppers couldn't be immediately reached for comment, but Jean Coutu CEO Francois Coutu has said the chain sees growing opportunities to attract independent pharmacists because of pressure from government fee changes.

The franchise model will allow Target to open as many stores in Canada as possible.

Target said Monday the current Zellers customer prescription files will remain in the possession of Zellers.

Shoppers, Canada's largest drugstore chain, said in November that it would look into acquiring the files if they are put on the market. Jean Coutu and Rexall owner Katz Group could also bid for the Zellers pharmacy customer portfolio.

Earlier this month, Target announced the location of the first 24 of the 125 to 135 stores it plans to open in Canada beginning next year. THE CANADIAN PRESS

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# TAKING A PAGE OUT OF TEEN FANTASIES

## SHE SAYS ...

JESSICA NAPIER  
METRO



early 1990s. I haven't had a proper pubescent breakout in a few years, but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically-blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquy Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

**"From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section."**

even better off-screen.

From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The Hunger Games, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent more than 100 consecutive weeks and counting on the New York Times bestseller list, and it's not just babysitting money keeping it there.

I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

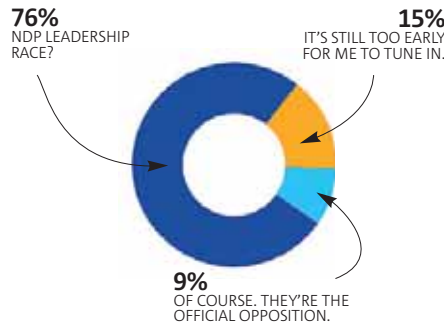
We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely-legal actor playing a teenage werewolf, I know that maybe it's time to grow up.

I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the



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Have you been following the NDP leadership race?



## Local tweets



- @Courtney\_M16: In other news, it feels like summer in #yyc today. Not sure how I feel about this..
- @sshaggis: T-shirt weather. Hope it lasts well past ground hog day. Hard to believe it's the end of January in #yyc
- @CanadaMarcus: #yeg twitter users let me down. If you ask for a #coffee recommendation in #yyc you get replies. Guess Calgary likes coffee more than Edm :P
- @desiatnyk: Rolling thru the #yyc windows down on January 30th bumping "Warm it up". Life could be worse!
- @msLISAteacupe: I couldn't find a bobby pin this morning so i used a paper clip instead. #yyc
- @hillaatweet: Driving like a wasted crackhead.. Truth is I'm dodging puddles cause I just got another car wash #HA! #yyc #yeahchi-nooks
- @Rashelle98: Is officially in contact with University of #yyc for fall admission....\*gulp\* Heres hoping an old dog CAN learn new tricks.

## Daily Zoom



# Valet parking, German-style

## Robotic car silo parks your ride

WOLFSBURG, GERMANY.

Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. ● MWN

# 1.5

metres per second — the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

## Weird car parks

- Umihotaru, Tokyo: This rest/parking area is an artificial island that joins a bridge and tunnel.
- Michigan Theater, Detroit: Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- Parkeringsbåt, Gothenburg, Sweden: Floating parking boat dips below waterline when full.

## Stacking cars for customers

**HOW IT WORKS.** New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours. ● MWN

2  
sceneScience fiction  
or fact?The Great  
Digital Film  
Festival

For more information on the Great Digital Film Festival, visit [cineplex.com/Events](http://cineplex.com/Events). Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

► Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality



## Scene in brief



ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's The Visitors album. The album, including a new track From a Twinkling Star to a Passing Angel, is the first official new release by the Swedish group in 18 years.

THE ASSOCIATED PRESS



Journey to Oscars begins at the theatre for Canadian makers of Monsieur Lazhar.



## The Terminator (1984)

In 1984, James Cameron's The Terminator terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).



## Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in Back to the Future, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!



## RoboCop (1987)

Set in the near future, 1987's RoboCop features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.



## Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.



## Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomCom-Zom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.



## Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship Serenity as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.

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## Celebrity tweets



I think what would surprise most people at award show parties is the sheer amount of farting I'm doing while talking to famous people.



@ericstonestreet

by the way i am not one of those performers who threaten to leave the country if the wrong pres gets elected i'm stayin cause i love it here

@SandraBernhard



@MelanieGriffith

@mrskutcher thinking of you and sending love and support. Can I do anything for you? Xoxo



@AlbertBrooks

If only a machine could combine all four republican candidates together then one giant man could lose to Obama.

## J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

● METRO



Jennifer Lopez

## Elton throws another shot at Madonna

Elton John's ongoing media fight with Madonna continues. During a Good Morning America interview Monday, he was asked what advice he had for her Super Bowl half-time performance.

"Make sure you lip sync good," he responded.

A good one, for sure. But it would have been a little sharper if he wasn't promoting the Pepsi Super Bowl commercial — that would be **commercial**, not half time show — that he



Elton John

stars in with some random X Factor contestant.

Moments like these, Sir Elton, is what Madonna eats for breakfast.

● METRO

# From dating George Clooney to Steve-O?

► Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES



Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equiva-

lent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

● MONICA WEYMOUTH



Steve-O

## Rumer parties hard with mom?

Further analysis of the 911 call made after Demi Moore went into convulsions when she "smoked something" suggests that her daughter Rumer Willis might have been among the revellers

present, according to TMZ.

During the frantic call, the man on the phone can be heard saying, "Hey, Ru, what's the name at the gate so that we can buzz them in from here?"

There's been no confirmation that Rumer was at the house at the time, but she has been hanging out with her mom a lot.

"Rumer's spent more time with her mom in the

last few months than she has in a while," a source says.

In fact, at each instance of Moore's hard partying in the wake of her split from Ashton Kutcher — hitting up nightclubs in Hollywood and poolside resorts in the Caribbean — Rumer has reportedly been at her mom's side, partying right along with her. ● METRO



Demi Moore

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# 3 life

## Heels



The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position.

METRO



Research teams making progress collecting critical data on CCSVI: MS society



► A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

# Walk, don't snack

► Taking a short stroll may stop those impulses to reach for a treat



**CELIA MILNE**  
LIFE@METRONEWS.CA

Bored at work?  
Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the Uni-

versity of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working

ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and al-

leviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

## Chocolate

Chocolate is OK in moderation.

► **Cocoa** Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.



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## Best Health Minute



**BONNIE MUNDAY,**  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE

### The Truth About Vitamin C

When I was a kid, if I got a cold my mom gave me vitamin C tablets for a few days. Of course, this hasn't stood up to science, based on a 2007 review of decades of research. But that review also found that daily vitamin C supplements may shorten

the duration of cold symptoms. And when freelance writer Lindsay Borthwick dug deep into this subject for our story about Vitamin C in the most recent issue of Best Health (the January/February issue is on newsstands now), and spoke to leading experts, she found that in fact Vitamin C, or ascorbic acid, has many other benefits on top of that.

It's important for the immune system, aids in

the absorption of iron and may help in the metabolism of cholesterol and the production of certain brain chemicals.

For more details, check out the whole story (which includes the best food sources for Vitamin C, and how much C we should be getting daily), and speak to your doctor about it.

**TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO [BESTHEALTHMAG.CA/METRONEWS](http://BESTHEALTHMAG.CA/METRONEWS)**



## Turkey with Avocado

THE CANADIAN PRESS H/O



### Preparation:

- 1 In a bowl, place sliced cucumbers. In a small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temperature, about 10 minutes. Strain cucumbers, reserving juice.
- 2 Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/  
AVOCADOS FROM MEXICO

### Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced

### Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced

- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

# Come for coffee, stay for food

► Bumpy's Café, known for its coffee & muffins, offers lunch winners too

## LUNCH RUSH

DAN CLAPSON  
FOOD@METRONEWS.CA



This place certainly has character. Granted, with a name like Bumpy's, you need some atmosphere to compensate. It's like naming your daughter Olga. She better have a great personality, right?

Bumpy's is popular in the early mornings for its coffee and delicious



► Grilled Chicken Apricot & Brie Panini (\$8) with Chipotle Chicken Soup (\$3).

► **Bumpy's Café**  
1004 8th St. S.W.  
403-265-0244  
bumpyscafe.com  
Social lunch: Yes  
Price range: \$4.50 - \$11  
Rating: 3.5 out of 5

muffins. But coming here for lunch was a first for me.

I decided on the Grilled Chicken, Apricot and Brie Panini (\$8) with the feature soup, Chipotle Chicken (\$3). My date ordered the Tofu and Veggie Panini

(\$8). Oh, vegetarians...

My sandwich arrived, hot and crispy, as a good panini should. It was filled appropriately with chicken, brie and apricot preserve. Brie and apricot are a classic combination, so there was no disappoint-

ment here.

The soup could have been a bit more hearty, but the broth had a nice heat by way of the chipotle peppers.

As for the tofu sandwich, I'll try a bite of that next time...

# Casual eats: easy steak sandwiches

► Enjoy alongside some homemade oven fries or salad

### Preparation:

- 1 Rub steaks with olive oil; season with salt, pepper. Let stand 30 mins.
- 2 In heavy skillet, melt butter over medium-high heat. Add onions and thyme and cook 10 mins. or until onions are golden. Add red pepper, cook 1 min. Reduce heat to medium low, stirring occasionally, and cook 15 mins. or until peppers are very tender.
- 3 Heat ovenproof skillet over medium-high heat, add steaks and sear on both sides, about 2 mins. per side or until well



► This recipe serves six.

browned. Transfer to 180 C (350 F) oven and cook 5 mins. for medium-rare or until desired doneness. Let rest 10 mins. before thinly slicing. Alternatively, grill over medium-high heat, turning once,

until desired doneness.

- 4 Slice buns in half lengthwise. Divide steak over each bottom bun and top with onion mix. Sprinkle with crumbled cheese. Cover with bun tops. THE CANADIAN PRESS/HOME GROWN ONTARIO.CA/RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND CELEBRITY TV CHEF. FOR MORE, VISIT EMILYRICHARDS.COOKS.CA.

### Ingredients:

- 2 strip loin steaks, trimmed (about 250 g/8 oz each)
- 10 ml (2 tsp) olive oil
- 2 ml (1/2 tsp) each salt and cracked black pepper

- 15 ml (1 tbsp) butter
- 2 large onions, sliced
- 10 ml (2 tsp) chopped fresh thyme
- 1 red bell pepper, sliced
- 6 crusty buns
- 75 g (3 oz) crumbled blue cheese or Brie

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# The Awesome story of simple pleasures

► Blog nets 100K readers a day by making people happy

**ANNABELLE BLAIS**  
LIFE@METRONEWS.CA  
METRO WORLD NEWS IN MONTREAL

How awesome is it to flip to a radio station just as a song you love is starting, to find money you didn't even know you lost, or to realize it's Friday when you thought it was Thursday?

Neil Pasricha knows something about it. In 2008 he began a special countdown. As he was going through a difficult time, he started a blog called 1,000 Awesome Things about simple pleasures in life.

Three years later, the countdown will come to an end this April.

The Canadian author has since published two bestseller books.

His third was released

two months ago.

Using his great sense of observation, he writes with humour and a hint of nostalgia.

Bet you can't read his blog without smiling.

**How did you get the idea for your blog?**

Well, let's be honest, it's getting pretty heavy out there. Pull open a newspaper and it's cruise ships tipping over, wars across the world, rising gas prices, and a jobless recovery.

The Books of Awesome are just an escape from the sad news and bad news pouring down everyday.

They're a place where global warming, terrorist threats, and U.S. election coverage sits backseat to warm underwear out of the dryer, the cool side of the pillow, and popping

Bubble Wrap.

**How many visitors do you have every day and how many readers in total, so far?**

The Book of Awesome has been a New York Times Bestseller, No. 1 international bestseller for 80 weeks, No. 1 bestselling non-fiction book in Canada for 2010 and 2011.

1,000 Awesome Things has won the Webby Award for Best Blog in the world for the past two years. It has over 40 million hits. Over 100,000 people read it each day through the blog, Twitter and Facebook.

**Why do you think it became such a big success so fast?**

I'm the most surprised! Honestly, when I first started 1,000 Awesome Things I was excited when my mom forwarded it to my



► Neil Pasricha, a.k.a. Mr. Awesome.

dad and the traffic doubled. Then I was excited when strangers started emailing me and friends and I would say to each other: "You know what's awesome? When there's still time left on the parking metre! When cashiers open up new lanes at the grocery store! When you get the milk-to-cereal ratio

just right!"

I've been extremely flattered by all the notes I get from folks around the world.

Cancer patients telling me awesome things remind them of how much joy life really holds. Children writing cute emails telling me they love neighbours with pools and pop-

ping Bubble Wrap too, and preachers telling me they read from The Book of Awesome in their churches.

I guess maybe these tiny little moments make a big difference in a lot of our rushed, jam-packed lives.

Maybe these small moments add up to a big deal at the end of the day.



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# The ABCs of investing

► Choose the right savings vehicle today to prepare for a better tomorrow



JANE  
DOUCET  
FOR METRO

Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the

difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

**RRSP:** A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

**Mutual fund:** These funds let you invest in a group of

broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

**TFSA:** Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older

can contribute up to \$5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

**GIC:** A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.



► Take charge of your financial future by gaining the knowledge to create a personalized financial plan.

## Budget basics to achieve goals

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers the following tips for creating — and sticking to — a monthly budget:

**Define and prioritize your goals.** The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

**Track your spending.** If you don't have a budget,



► If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost.

you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

**Summon your willpower.** If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you

save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

**Don't make excuses.** Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? "When it comes to budgeting, there's an excuse for everything," says Cox. If you are serious about saving, you will set your morning alarm 15 minutes earlier and watch the flyers for when your favourite chocolate goes on sale. ● JANE DOUCET

## Are you tired of the balancing act?



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# Saving a slice for your retirement

## SMART INVESTING



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With the collapse of the technology bubble in 2000, the recession of 2008 and now the economic recession and European debt crisis, the last decade has had some pretty tough times for investors in general, but particularly those approaching, or in, retirement.

Last year, the first wave of Canadian baby boomers — an estimated 344,000 of them — turned 65, and for the first time in the coun-

try's history seniors outnumbered children.

The current volatility on global markets and the growing number of people entering retirement requires a new investing mindset and allocation of portfolios if Canadians are going to preserve their wealth through a retirement that now can expect to last 20 to 30 years or even longer.

"The old rule that as you get closer to retirement the more conservative you should become is still true, but there's also the reality that your post-retirement savings will have to last longer because people are living longer," says Serge Pepin, head of investments with BMO Investments.

Pepin suggests investors think of their retirement assets as three main slices of a pie with the possibility of a fourth slice, depending on their resources and goals.



The first slice of the pie is your immediate needs — having enough money for housing, food, transportation, health care and other things that make up your daily living. "It's crucial that people set a budget," he says. "It needs to be in very secure fixed income investments such as GICs, annuities and bonds. They

may be boring but they keep the lights on at night."

Next is the capital preservation slice of the pie. "Investing to preserve capital is an ongoing exercise that can change over time as some costs, such as health care, may rise as you age," says Pepin, who recommends conservative but growth-bearing invest-

ments such as GICs, balanced funds and dividend-paying blue chip equities. "Over time, this slice of the pie will migrate into the first."

The third piece of the pie is the growth component. "This is where you can be more aggressive for more growth, perhaps with some foreign exposure, but you should still try and be as balanced as possible," Pepin suggests.

Vikas Saika, a financial adviser with Edward Jones in Mississauga, believes seniors need to set reasonable expectations for their income and growth on investments.

"When investing there will always be something to get spooked about," he says. "Daily fluctuations shouldn't change your overall objectives. In turbulent times like these look for good quality investments that have

come down in price. Look for opportunities, reduce exposure to high-risk sectors like resources, and focus on dividend paying equities and corporate bonds."

The potential fourth slice of the pie is creating a legacy to leave to children, relatives, charities or others. "If you want to leave a legacy you probably can be a little more aggressive in your investment approach because you have time to regain losses," says Pepin. "But there's nothing wrong with being selfish in your older years. Look after yourself first and then, if you can, go for the fourth slice."

**THE CANADIAN PRESS**  
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# Caveat emptor

► Do your homework before choosing a financial adviser



When you are searching for a financial adviser, it pays to do your homework before signing on the dotted line.

"It's important for people to do their due diligence to protect themselves and their money," says Greg Pollock, a certified financial planner and the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Pollock recommends familiarizing yourself with the following points before picking an adviser:

**Check credentials.** Ask what kind of related education and certification the person has. Are they keeping up with industry standards? "Also, find out

## Meet your goals

► In Canada, the industry designation is certified financial planner, or CFP. Those calling themselves financial "advisers" may not be certified. CFPs take a broad view of a client's goals, whether they are one, five or 25 years away. They help them meet their goals by recommending certain products, such as RRSPs, TFSA's or mutual funds.

if they belong to a professional association," says Pollock, who cites Advocis and the Canadian Institute of Financial Planners. If they are a member of one or both, they will be obliged to follow the association's best practices.

**Don't rely solely on refer-**

**als.** Word of mouth is a good place to start, but not always reliable, even if someone you trust recommends his or her own planner (think of the Earl Jones and Bernie Madoff investment fraud scandals). "Even if the person has come highly recommended, you should still be objective and do your research," says Pollock. It's also important to find the right fit. Just because your best friend likes her planner's personality and financial strategy for her money doesn't mean you will, too.

**Make sure diversification is a priority.** Reputable planners won't ask you to put all of your financial eggs in one basket. "That's definitely not the way to go," says Pollock. And if someone can't or won't ex-



plain the investments they are pushing, you should take your business elsewhere.

**Be wary of lofty promises.** If someone promises unrealistic consistent returns, continue your search. "That's not normal be-

cause the markets go up and down, so the results will vary," says Pollock. The same advice applies if an adviser pushes you to invest beyond your comfort zone.

**Stay away from confidentiality agreements.** If a fi-

nancial planner offers you a special deal or asks you to sign a confidentiality agreement or keep certain information secret, run in the opposite direction.

"That's a big red flag," says Pollock.

"All transactions should be open and transparent."

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Dave Mowat, CEO

When the analytical and the creative sides of the brain work together, better solutions are born. We call that “whole brain” thinking—and we do a lot of that here. Because people who think like whole-brainers are way more likely to come up with creative solutions. Seriously, it's who we look for at ATB, because it's exactly what Alberta needs. **If you're one—or you want your banking handled by one—drop me a line.**

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## WHY PAY TO SELL?

## FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA



Congratulations! You've decided to sell your home; one of the biggest decisions you'll make in life. Based on referrals, you interview three realtors and learn that each will charge a hefty commission to market and sell your home.

Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying \$15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this,

buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than \$1,000 — a fraction of what an average home seller would pay in commission.

## Sometimes less is more

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, *Count on Yourself: Take Charge of Your Money*, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSA's to deal with on a monthly



▶ Alison's money rule: Cleaning your financial closet is the first step to taking control of your money.

basis.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for

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ALISON GRIFFITHS IS THE AUTHOR OF *COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY*. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.



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# A whole new ball game?

► Comparisons to 2008 Super Bowl unavoidable as Giants and Pats set up shop in Indianapolis

Here we go again.

Four years after what many consider the best finish in Super Bowl history, the Giants and Patriots are facing off once more for the NFL championship. While there are no perfect records on the line this time, this matchup could be equally enticing.

It certainly looks that way heading into Sunday's big game. In 2008, with New England undefeated and having beaten New York in the regular-season finale, the Patriots were 12-point favourites before a stunning 17-14 upset loss. The spread now is three, and the Giants beat New England during the season.

Both teams are on quite a roll, too. The Patriots (15-3) have won 10 straight — it was 18 in a row in '08 — and the Giants (12-7) have five consecutive victories.

All of which matters not a bit to Bill Belichick, who will tie a record for head coaches with his fifth Super Bowl appearance.

"I've been asked about that game for several days now. All of the games in the past really don't mean that much at this point," said Belichick, 3-1 in NFL title games. "This game is about this team this year. There aren't really a lot of us coaches and players who were involved in that game, and very few players, in relative terms, between both teams. We are where we are now, and we're different than where



► The New York Giants arrive in Indianapolis on Monday.

we were earlier in the season. The Giants are where they are now, and I think they're different than where they were at different points of the season."

The loss still reverberates for former Patriots linebacker Rosevelt

**"To take it back years and years ... I don't think it has too much bearing on anything."**

**PATRIOTS COACH BILL BELICHICK ON COMPARING THE 2008 SUPER BOWL TO THIS SUNDAY'S**

Colvin.

"It was like getting punched in the stomach," he said. "I still can't watch the highlights from that game because of the opportunity we missed out on was so grand."

Having come this far be-

## 16

**Number of current Giants who played on the Super Bowl-winning team in 2008. Only seven Patriots from that game are still with New England.**

fore is immeasurably helpful, according to Justin Tuck, the leader of the Giants defence whose return to health and form has keyed New York's resurgence. He says the experience of four years ago will benefit everyone.

"The only thing that I tell the younger guys is make football football," Tuck said. "There's going to be a lot of parties. There's going to be a lot of people pulling at your coattail. Listen, if you go out there and you handle your business and you win this game, you can party all you want to after that. "For me, personally, the first time I went to a Super Bowl I approached it as such — as a once-in-a-lifetime thing."

Lawrence Tynes kicked the Giants into the Super Bowl in overtime in '08 and — incredibly — this year, too. Wes Welker led the Patriots with 112 catches that season and had 122 in this one.

Similarities and differences, all juicy elements for Giants-Patriots II.

Here we go again.  
**THE ASSOCIATED PRESS**

# 4

  
sports

**Flames preview**

**Detroit at Calgary**  
7 p.m.  
TV: SNET



The Flames (23-21-6) host the Red Wings (33-16-1), who stumbled into the break, losing 7-2 to Montreal last Tuesday. Nicklas Lidstrom (flu) was a late scratch. The loss snapped a seven-game winning streak for Detroit, which holds a two-point lead in the Central Division. Henrik Zetterberg has one goal in 12 games this month. He has scored nine on the season, on pace for his lowest total since 2003-04.  
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## NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	47	31	12	1	3	132	96	66	15-5-0-2	16-7-1-1	7-3-0-0	W2
d-Boston	47	31	14	1	1	171	102	64	16-7-1-1	15-7-0-0	5-4-1-0	L1
d-Washington	48	26	19	1	2	136	137	55	18-6-0-1	8-13-1-1	5-4-1-0	W1
Philadelphia	48	29	14	2	3	162	142	63	11-7-1-2	18-7-1-1	6-3-0-1	W1
Pittsburgh	49	28	17	2	2	152	127	60	14-9-0-2	14-10-0-2	7-3-0-0	W7
Ottawa	52	27	19	4	2	157	160	60	14-9-0-1	13-10-4-1	6-4-0-0	L3
New Jersey	48	26	19	1	2	129	136	55	12-9-0-2	14-10-1-0	4-4-1-1	L3
Florida	48	22	15	5	6	122	136	55	11-5-1-6	11-10-4-0	3-3-2-2	L1
Toronto	49	25	19	3	2	151	147	55	14-8-2-2	11-11-1-0	6-4-0-0	W2
Winnipeg	50	22	22	3	3	124	143	50	15-8-0-2	7-14-3-1	3-6-0-1	L3
Montreal	49	19	21	2	7	130	134	47	9-9-2-4	10-12-0-2	6-2-0-2	W2
Tampa Bay	48	21	23	1	3	136	165	46	13-7-0-1	8-16-1-2	4-5-0-1	L4
NY Islanders	48	19	22	5	2	115	143	45	11-11-4-0	8-11-1-2	5-4-1-0	W2
Buffalo	49	20	24	3	2	119	149	45	11-9-3-2	9-15-0-0	2-7-1-0	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	50	33	16	1	0	160	117	67	20-2-1-0	13-14-0-0	8-2-0-0	L1
d-Vancouver	49	30	15	0	4	158	122	64	14-6-0-3	16-9-0-1	6-2-0-2	W2
d-San Jose	47	27	14	3	3	131	110	60	15-8-2-0	12-6-1-3	5-3-1-2	W1
St. Louis	49	29	13	1	6	124	102	65	21-3-1-3	8-10-0-3	7-1-1-1	W4
Nashville	50	30	16	3	1	140	127	64	16-7-2-1	14-9-1-0	9-1-0-0	L2
Chicago	50	29	15	3	3	162	144	64	19-6-1-3	10-9-2-0	5-3-2-0	L2
Los Angeles	50	24	16	4	6	111	111	58	14-11-4-0	10-5-4-2	5-2-1-2	W1
Minnesota	49	24	18	2	5	115	126	55	13-6-1-2	11-12-1-3	3-6-0-1	W2
Colorado	51	26	23	2	0	131	144	54	14-12-0-0	12-11-2-0	4-5-1-0	L2
Dallas	48	25	21	0	2	126	136	52	14-9-0-2	11-12-0-0	4-5-0-1	W1
Calgary	50	23	21	3	3	120	137	52	13-7-1-1	10-14-2-2	5-4-0-1	L1
Phoenix	50	22	20	3	5	130	134	52	10-9-2-2	12-11-1-3	3-4-1-2	W1
Anaheim	48	18	23	3	4	124	144	41	13-12-1-0	5-11-2-4	8-1-1-0	L1
Edmonton	49	18	26	1	4	122	142	41	12-8-1-2	6-18-0-2	2-6-1-1	L1
Columbus	49	13	30	1	5	115	163	32	8-13-1-2	5-17-0-3	3-6-0-1	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Sunday's result

## ALL-STAR GAME

**At Ottawa**  
Team Chara 12 Team Alfredsson 9  
**Tonight's games**  
Ottawa at Boston, 7 p.m.  
N.Y. Rangers at New Jersey, 7 p.m.  
Winnipeg at Philadelphia, 7 p.m.  
Toronto at Pittsburgh, 7 p.m.  
N.Y. Islanders at Carolina, 7 p.m.  
Buffalo at Montreal, 7:30 p.m.  
Washington at Tampa Bay, 7:30 p.m.  
Nashville at Minnesota, 8 p.m.  
Detroit at Calgary, 9 p.m.  
Anaheim at Phoenix, 9 p.m.  
Colorado at Edmonton, 9:30 p.m.  
Chicago at Vancouver, 10 p.m.  
Columbus at San Jose, 10:30 p.m.  
**Tomorrow's games**  
N.Y. Rangers at Buffalo 7:30 p.m.  
Pittsburgh at Toronto, 7:30 p.m.  
Washington at Florida, 8 p.m.  
Dallas at Anaheim, 10:30 p.m.  
Columbus at Los Angeles, 10:30 p.m.  
**Thursday's games**  
Carolina at Boston, 7 p.m.  
Montreal at New Jersey, 7 p.m.  
Nashville at Philadelphia, 7 p.m.  
Winnipeg at Tampa Bay, 7:30 p.m.  
Minnesota at Colorado, 9 p.m.  
Chicago at Edmonton, 9:30 p.m.  
Detroit at Vancouver, 10 p.m.  
Dallas at San Jose, 10:30 p.m.

## CALENDAR

Feb. 27 — Trade deadline, 3 p.m.  
**March 12-14** — NHL general managers meeting, Boca Raton, Fla.  
**April 7** — Regular season ends.  
**April 11** — Stanley Cup playoffs begin.

## SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Gioux, Pgh	18	37	55
Ma,Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53
Stamkos, TB	32	20	52
Lupul, Tor	30	32	52
H.Sedin, Vcr	11	41	52
Kessel, Tor	26	25	51
D.Sedin, Vcr	21	30	51
Toews, Chi	27	23	50
Spezza, Ott	20	30	50
Tavares, NYI	20	29	49
Neal, Pgh	27	20	47
Pominville, Buf	17	30	47
Karlsson, Ott	7	40	47
Elias, NJ	18	28	46
Eberle, Edm	18	27	45
Selanne, Ana	15	30	45
Hartnell, Pha	25	19	44
Eriksson, Dal	17	27	44
Kopitar, LA	15	29	44
Moulson, NYI	22	21	43
Seguin, Bos	19	24	43
Versteeg, Fla	19	24	43
P.Bergeron, Bos	15	28	43
St. Louis, TB	12	31	43
Parenteau, NYI	10	33	43
Ra.Whitney, Phx	15	27	42
Backstrom, Wash	13	29	42
Benn, Dal	13	29	42
Franzen, Det	19	22	41
Vanek, Buf	19	22	41
P.Kane, Chi	11	30	41
Sharp, Chi	20	20	40
Kovalchuk, NJ	19	21	40
Lecavalier, TB	19	21	40
Parise, NJ	15	25	40

## TENNIS

## ATP PBZ ZAGREB INDOORS

**At Zagreb, Croatia**  
**Singles — First Round**  
Ivan Ljubicic (1), Croatia, def. Karol Beck, Slovakia, 7-6 (5), 3-6, 6-3.  
Andreas Seppi (5), Italy, def. Daniel Brands, Germany, 6-4, 7-6 (1).  
Robin Haase (7), Netherlands, def. Kristijan Mesaros, Croatia, 6-2, 6-3.  
Lukas Lacko, Slovakia, def. Potito Starace, Italy, 7-6 (2), 6-7 (4), 6-3.  
Matthias Bachinger, Germany, def. Izak Van der Merwe, South Africa, 6-3, 6-3.  
**Doubles — First Round**  
Marin Draganja and Franco Skugor, Croatia, def. Lukas Kubot, Poland, and Sergiy Stakhovsky (4), Ukraine, 6-4, 3-6, 10-5 (tiebreak).  
Ivo Karlovic, Croatia, and Frank Moser, Germany, def. Alex Bogomolov Jr., Russia, and Travis Parrott, U.S., 2-6, 6-1, 11-9 (tiebreak).

## ATP OPEN SUD DE FRANCE

**At Montpellier, France**  
**Singles — First Round**  
Florian Mayer (6), Germany, def. Gilles Muller, Luxembourg, 7-6 (3), 6-3.  
Guillaume Rufin, France, def. Vasek Pospisil, Vancouver, 6-4, 7-6 (6).  
Nikolay Davydenko, Russia, def. Stephane Robert, France, 6-2, 6-1.  
**Doubles — First Round**  
Kenny de Schepper and Fabrice Martin, France, def. Flavio Cipolla, Italy, and Mikhail Elgin, Russia, 6-4, 6-2.

## NCAA BASKETBALL

## Last night's result

No. 4 Missouri 67 Texas 66  
**Tonight's games**  
**All Times Eastern**  
No. 1 Kentucky vs. Tennessee, 7 p.m.  
No. 5 North Carolina at Wake Forest, 9 p.m.  
No. 9 Michigan State at Illinois, 7 p.m.  
No. 15 Marquette vs. Seton Hall, 8 p.m.  
No. 16 Virginia vs. Clemson, 7 p.m.  
No. 19 Wisconsin at Penn State, 8 p.m.  
No. 25 Vanderbilt at Arkansas, 9 p.m.

## AP MEN'S TOP 25 POLL

	Record	Pts	Prv
1. Kentucky (63)	21-1	1,623	1
2. Syracuse (2)	22-1	1,550	3
3. Ohio St.	19-3	1,498	4
4. Missouri	19-2	1,363	2
5. North Carolina	18-3	1,331	7
6. Baylor	19-2	1,310	6
7. Duke	18-3	1,250	8
8. Kansas	17-4	1,178	5
9. Michigan St.	17-4	1,098	10
10. Murray St.	21-0	979	11
11. Nevada-Las Vegas	20-3	936	12
12. Florida	17-4	861	14
13. Creighton	20-2	803	15
14. Georgetown	16-4	762	9
15. Marquette	18-4	682	17
16. Virginia	17-3	578	19
17. San Diego St.	18-3	566	13
18. Saint Mary's (Cal)	21-2	472	21
19. Wisconsin	17-5	415	25
20. Indiana	17-5	395	16
21. Florida St.	14-6	375	23
22. Mississippi St.	17-5	329	18
23. Michigan	16-6	305	20
24. Gonzaga	17-3	141	—
25. Vanderbilt	16-5	102	—

**Others receiving votes:** Harvard 69, Louisville 65, Kansas St. 40, West Virginia 12, Wichita St. 9, Nevada 6, Notre Dame 6, Southern Miss. 5, Iowa St. 3, Long Beach St. 3, Iona 2, UConn 2, Illinois 1.  
**Ballots Online:** <http://tinyurl.com/43u6jrf>

## SOCCER

## AFRICAN CUP OF NATIONS

## FIRST ROUND

x-advances to quarter-finals

## GROUP A

	GP	W	D	L	GF	GA	Pts
x-Zambia	3	2	1	0	5	3	7
x-Equatorial Guinea	3	2	0	1	3	2	6
Libya	3	1	1	1	4	4	4
Senegal	3	0	0	3	3	6	0

## Sunday's results

**At Malabo, Equatorial Guinea**  
Zambia 1 Equatorial Guinea 0  
**At Bata, Equatorial Guinea**  
Libya 2 Senegal 1

## GROUP B

	GP	W	D	L	GF	GA	Pts
x-Ivory Coast	3	3	0	0	5	2	9
x-Sudan	3	1	1	1	4	5	4
Angola	3	1	1	1	4	4	4
Burkina Faso	3	0	0	3	2	6	0

## Yesterday's results

**At Bata, Equatorial Guinea**  
Sudan 2 Burkina Faso 1  
7. Harrison Frazer 289  
**At Malabo, Equatorial Guinea**  
Ivory Coast 2 Angola 0

## GROUP C

	GP	W	D	L	GF	GA	Pts
x-Gabon	2	2	0	0	5	2	6
x-Tunisia	2	2	0	0	4	2	6
Morocco	2	0	0	2	3	5	0
Niger	2	0	0	2	1	4	0

## Today's games

**All Times Eastern**  
**At Franceville, Gabon**  
Gabon vs. Tunisia, 1 p.m.  
**At Libreville, Gabon**  
Niger vs. Morocco, 1 p.m.

## GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	2	0	0	3	0	6
Ghana	2	1	0	1	6	2	3
Mali	2	1	0	1	1	2	3
Botswana	2	0	0	2	1	7	0

## Tomorrow's games

**At Libreville, Gabon**  
Botswana vs. Mali 1 p.m.  
**At Franceville, Gabon**  
Ghana vs. Guinea, 1 p.m.

## QUARTER-FINALS

## Saturday, Feb. 4

**At Bata, Equatorial Guinea**  
Zambia vs. Sudan, 11 a.m.  
**At Malabo, Equatorial Guinea**  
Ivory Coast vs. Equatorial Guinea, 2 p.m.

## SPAIN

## LA LIGA

	GP	W	D	L	GF	GA	Pts
Real Madrid	19	16	1	2	67	18	49
Barcelona	20	13	6	1	59	12	45
Valencia	20	10	6	4	31	22	36
Levante	20	9	4	7	26	24	31
Espanyol	20	9	4	7	22	21	31
Atletico Madrid	20	8	5	7	31	27	29
Athletic Bilbao	20	7	8	5	30	25	29
Malaga	20	8	4	8	24	29	28
Getafe	20	7	6	7	22	26	27
Osasuna	20	6	9	5	22	32	27
Sevilla	20	6	8	6	21	22	26
Real Sociedad	20	6	6	8	22	28	24
Real Betis	20	7	2	11	23	29	23
Rayo Vallecano	20	6	4	10	23	31	22
Granada	20	6	4	10	14	27	22
Mallorca	20	5	7	8	17	25	22
Racing Santander	20	4	9	7	15	25	21
Villarreal	20	4	8	8	18	28	20
Sporting Gijon	20	5	3	12	19	38	18
Zaragoza	19	2	6	11	14	33	12

## Yesterday's result

Atletico Madrid 1 Osasuna 0

## NFL PLAYOFFS

## PRO BOWL

## Sunday's result

## At Honolulu

AFC 59 NFC 41

## SUPER BOWL

## Sunday, Feb. 5

## At Indianapolis

## All times Eastern

New England vs. N.Y. Giants, 6:20 p.m.

## GOLF

## PGA FEDEXCUP LEADERS

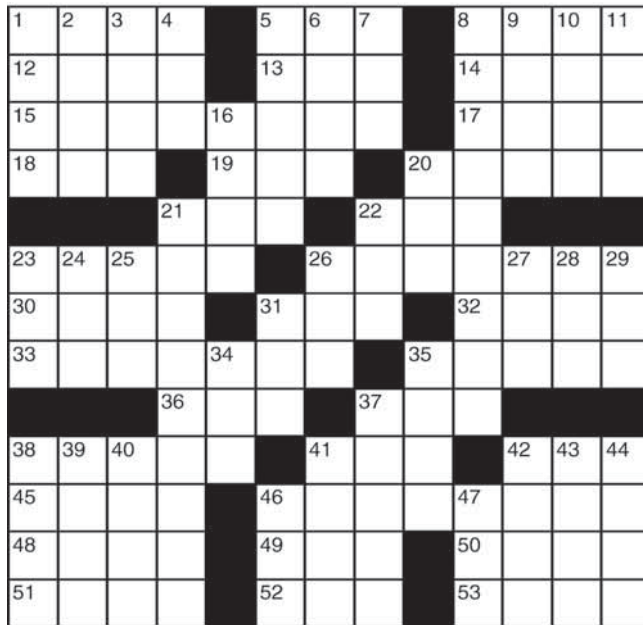
Through Jan. 29  
(all figures U.S.)

21. Johnson Wagner	783	\$1,573,133
22. Brandt Snedeker	578	\$1,236,800
23. Mark Wilson	553	\$1,099,500
24. Steve Stricker	530	\$1,142,000
25. Martin Laird	355	\$745,200
26. Kyle Stanley	346	\$695,575
27. Harrison Frazer	289	\$608,000
28. John Rollins	263	\$556,868
29. Sean O'Hair	238	\$462,000
30. Charles Howell III	229	\$395,541
31. Tim Finchem	225	\$407,063
32. Carl Pettersson	220	\$381,512
33. Robert Garrigus	208	\$418,133
34. John Mallinger	208	\$418,133
35. Webb Simpson	192	\$391,000
36. Bill Haas	180	\$359,810
37. Brendon de Jonge	174	\$302,400
38. Rory Sabbatini	168	\$292,950
39. Brian Gay	166	\$321,161
40. Jonathan Byrd	163	\$369,000
41. Camerian Tringale	160	\$295,858
42. Scott Piercy	157	\$274,242
43. Keegan Bradley	158	\$279,764
44. Ben Crane	133	\$321,800
45. Chris Kirk	144	\$242,390
46. Ryan Moore	142	\$206,667
47. John Senden	141	\$242,175
48. David Toms	140	\$260,600
49. K.J. Choi	135	\$267,000
50. Bud Cauley	129	\$161,280
51. Sang-Moon Bae	127	\$157,050
52. Pat Perez	124	\$167,500
53. Michael Hoey	115	\$196,575
54. John Huh	113	\$221,480
55. Bobby Gates	109	\$184,525
56. Chris DiMarco	108	\$142,809
57. Bubba Watson	107	\$188,160
58. Michael Thompson	101	\$190,553
59. Brendon Todd	100	\$150,600
60. Carlos M. Delgado	98	\$161,850
61. Kevin Na	97	\$161,850
62. Hunter Mahan	95	\$208,500
63. Zach Johnson	93	\$169,340
64. Stewart Cink	92	\$129,424
65. Aaron Baddeley	92	\$121,700
66. Matt Evers	89	\$178,063
67. Jason Leonard	89	\$185,480
68. William McGirt	88	\$100,883
69. Jimmy Walker	88	\$174,488
50. James Driscoll	85	\$83,980
51. Michael Bradley	82	\$103,600
52. Josh Teater	80	\$90,240
53. Harris English	80	\$102,795
54. Spencer Levin	77	\$78,111
55. Grant Watney	76	\$111,375
56. Jonathan Vegas	76	\$91,725
57. Martin Flores	75	\$162,000
57. Rod Pampling	75	\$162,000
59. George McNeill	71	\$82,846
60. David Hearn	70	\$137,500
61. Stephen Ames	70	\$70,700
62. Gary Wadsworth	69	\$143,020
63. Roberto Castro	69	\$59,492
64. Ted Potter, Jr.	68	\$109,655
65. Paul Goydos	64	\$57,220
66. Jason Dufner	63	\$123,200
67. Jonas Blixt	62	\$70,140
68. Kevin Chappell	62	\$57,525
69. Garth Whimpey	58	\$47,440
70. Tim Herron	57	\$54,240
<b>Also</b>		
92. Graham DeLaet	38	\$32,750

## Crossword

### Across

- 1 "OK"  
5 Unruly crowd  
8 Trail  
12 Creche trio  
13 Flightless bird  
14 Great Lake  
15 Important campaigns  
17 Streamlet  
18 Beerlike beverage  
19 Triumph  
20 Choir's rendition  
21 Historic time  
22 Greek cross  
23 Sucker  
26 Processions  
30 Grand story  
31 Moving truck  
32 Use an old phone  
33 Video-game parlors  
35 Irritable  
36 Snapshots, for short  
37 Ph. bk. data  
38 Inexpensive  
41 Atmosphere  
42 Eggs  
45 Highway  
46 Soldiers' "pineapples"  
48 Differently  
49 And so on (Abbr.)  
50 Sweater eater  
51 Drenches  
52 Old soap ingredient  
53 Helen's home
- Down**  
1 Village People hit  
2 Count's counterpart  
3 Malaria symptom



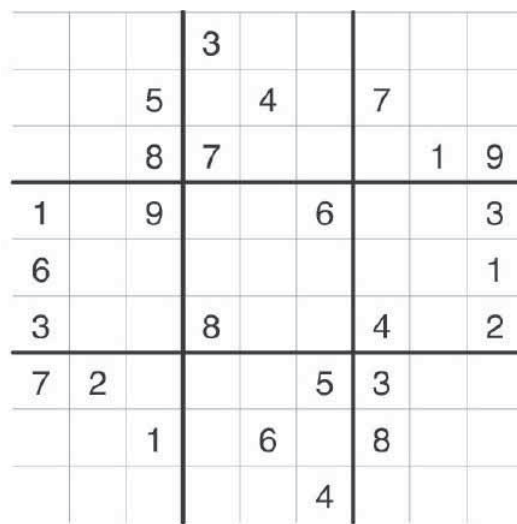
- 4 — and hers  
5 TV, radio, et al.  
6 Portent  
7 Greyhound vehicle  
8 Convinces  
9 Met melody  
10 Work the soil  
11 Steerer's place  
12 Wrong  
16 Standard  
21 Adventures of a sort  
22 Catch some rays  
23 Pod dweller  
24 Spring mo.  
25 Twitch
- 26 — de deux  
27 Insult (SL.)  
28 Dine  
29 Crafty  
31 Annoy  
34 Party bowlful  
35 Ripped  
37 Family member  
38 Coxswain's group  
39 Pit  
40 Right on the map?  
41 Bohemian  
42 Stench  
43 No from the White House  
44 Wan

- 46 Toothpaste type  
47 Qty.

### ► Monday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer ►

## A look at the weather

TUESDAY	WEDNESDAY	THURSDAY
Min -3° Max 7°	Min -3° Max 5°	Min -1° Max 4°

### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." WEEKDAYS 5:30AM

## Send a KISS

You can now post your kiss, and read even more kisses, at [metronews.ca/kiss](http://metronews.ca/kiss).

*My Prince  
I am sooooo in Love with you!! I want to wrap my arms around you and never let you go! XO*  
**FROM YOUR DIRTY GIRL**

*tigress  
i'd almost sleepwalked away from you, now i m turning around. my masks are off and its only you in my heart. I want you*  
**YOUR PASSIONATE, DRAGON PRINCESS**

*BK  
A day without laughter is a day wasted. Let's never waste another day. I love you.* **FROM KC**

*MehnerKing  
Happy 1 Year Anniversary, Babe! I love you. You're the best babe ever, and you take the best care of me! I love you every minute of every-day. You're the hottest. Thank you for all you do. I love you most! xo*  
**FROM LIL PRINCESS BEAUTIFUL**

## Today's horoscope

- ♈ Aries March 21-April 20**  
Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.
- ♉ Taurus April 21-May 21**  
If you dream about moving up in the world and of being someone special, now is the time to make it happen.
- ♊ Gemini May 22-June 21**  
Whatever restrictions you have been under these past few weeks seem to be disappearing fast.
- ♋ Cancer June 22-July 22** Stick to the facts today, especially when dealing with money matters.
- ♌ Leo July 23-Aug. 23**

Life should be about people, not profits.  
**♍ Virgo Aug. 24-Sept. 22**  
If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

**♎ Libra Sept. 23-Oct. 23**  
You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

**♏ Scorpio Oct. 24-Nov. 22**  
You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

- ♐ Sagittarius Nov. 23-Dec. 21** Even if you say the wrong things today you will get away with it.
- ♑ Capricorn Dec. 22-Jan. 20**  
You can and you must turn your attention to matters of a business and financial nature.
- ♒ Aquarius Jan. 21-Feb. 18**  
Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.
- ♓ Pisces Feb. 19-March 20**  
Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.
- SALLY BROMPTON

## Caption contest



"It's hard to keep your head above water these days — literally." JAMES



## You write it!

**WIN!** Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in Wednesday's Metro.

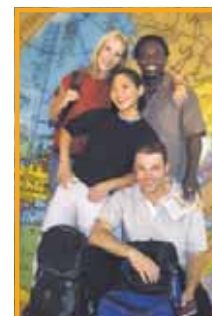
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